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Community *notes*

Traffic Delays Expected for IronGirl Triathlon

Major traffic delays are expected on Sunday, August 17, on MD 108 and surrounding roads for the Iron Girl Columbia Triathlon. Motorists are advised to use caution when sharing the roads with more than 2,000 participants.

The race activities are expected to begin at 6:45 a.m. Police officers will be posted at various locations throughout residential roads on the bicycle course to direct motorists or to temporarily close roads to ensure the safety of the bicyclists.



Motorists are advised to allow extra time or plan alternate routes and are reminded to slow down and use caution when sharing the road with bicyclists.

It's Back to School!

[Prepare for Success](#), a local non-profit organization provides school supplies to HCPSS students. [Drop off locations](#) will accept [needed items](#) until **Sunday, August 17** or please consider donating [online](#). Thank you for helping Howard County students be prepared for the upcoming school year!



Greetings

Summer seems to be moving at a fast pace. There are still many fun things to do before the season ends. Enjoy the upcoming week.

Mary Kay

Register for Fall Art Classes

Registration has begun for Howard County Arts Council's (HCAC) fall educational programs at the Howard County Center for the Arts (HCCA) in Ellicott City. HCAC offers classes and workshops for ages five to adult. Fall art programs, open to the public, begin the week of September 8, 2014.

A range of media and topics are offered including Saturday Art Studio and Bringing Books to Life for kids, Art School Portfolio for ages 13–16, and Intro to Drawing & Composition and Portraits: Pets & People for teens and adults. Ongoing weekly drop-in sessions for drawing and painting from portrait and life models are also available.



Registration and full class listings are available on HCAC's website, www.hocoarts.org. Class brochures are available for pick-up at the Howard County Center for the Arts; or call 410-313-ARTS (2787) to request to have one mailed. Howard County Arts Council programs are subject to minimum and maximum numbers of students; early registration is recommended.

Howard County General Hospital Offers Wellness Classes

Howard County General Hospital will offer a wide range of wellness classes to be held at the HCGH Wellness Center (10710 Charter Drive, Suite 100, Columbia, MD) unless otherwise listed. Online advanced registration at www.hcgh.org is recommended for all programs. For more information about these and other ongoing wellness programs, call the hospital at 410-740-7601 or visit their website.

Adult/Child/Infant CPR

Learn skills to clear an airway obstruction, perform CPR and how to use an automated external defibrillator (AED). Earn two-year American Heart Association completion card (not a health care provider course). 8/26, 9/11, 9/22, 10/8, 10/27, 11/11, 5:30–9 p.m. \$55.

Healthy Weight Connection

Kick-start individual lifestyle changes, including diet and exercise, to help you reach a healthier weight. Receive personalized guidance from a certified dietitian. Various nutrition topics and gentle yoga. Tuesdays and Thursdays, 9/16–11/6, 6:30–8 p.m. \$195.

Living Well

Learn to manage your health, develop a diet and fitness plan, deal with pain and communicate with health professionals. 410-313-5980. Wednesdays, 9/17-10/29, 5:30–8 p.m. \$28.

Dietary Counseling

Discuss dietary concerns/goals with a registered dietitian. \$35/ half-hour visit.

The Mall Milers

Walk-for-health program at The Mall in Columbia. Blood pressure screenings on the second Tuesday of the month. 410-730-3300. Free.

Looking to Lose Weight

Our certified nutritionist and registered dietitian will discuss physiology and health challenges that affect your weight. 9/4, 7–8:30 p.m. Free.

Smoke-Free Lungs

Education and support for those wanting to quit or who have quit. 9/9, 7–9 p.m. Free.

Medicare 101

Learn about Original Medicare (Parts A and B) and Prescription Drug coverage (Part D). Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. 9/4, 7–8:30 p.m. Free.

Medicare 102

Learn about Medicare Health Plans (Part C) and Medicare Supplement Policies. Presented by the State Health Insurance Assistance Program, Howard County Office on Aging. 9/15, 7–8:30 p.m. Free.

Maryland State Fair

A summer tradition of 136 years begins Friday, August 22 and runs through Monday, September 1. Enjoy the special events, great food, music, amusement rides, horse races and the many arts and crafts, livestock shows and exhibits. It's a great adventure for the entire family. Click [here](#) to visit the Fair's website.

Take an Active Role in Preserving the Environment Become A Watershed Steward

Find out about how you can become a Watershed Steward by attending an informational session. Click [here](#) to register.

- Aug 14: Glenwood Branch Library
- Aug 21: Elkridge Branch Library
- Aug 26: East Columbia Branch Library
- Sept 10: Miller Branch Library

Backyard Science Days

Science can happen in a lab, science can happen in space and science can happen in your own backyard!

Come to the Maryland Science Center's [9th annual Backyard Science Days](#) on Saturday or Sunday, August 16 & 17 from 12:00 – 4:00 p.m. for a day of animal encounters and hands-on activities. Stomp on stomp rockets, race vegetables, build a beetle habitat, make seed bombs and much more. Scales and Tales will be here all weekend with their interactive display of live animals featuring birds of prey and reptiles. Come learn about the science that lives right outside your back door!

Step into the mysterious world of bats at Rob Mies' famed Bat Encounters show. Visitors will come face-to-face with a Big Brown bat from North America, fruit bats from Africa and Asia and the world's largest bat, a Flying Fox Bat from Malaysia with a 6-foot wingspan. Shows will be on the Atrium stage at 1:00 p.m. and 3:00 p.m. both days.

CA's Annual BikeAbout

CA's Columbia Archives will host the Columbia BikeAbout on Saturday, September 13 at 9:30 a.m. at Wilde Lake Park. The route takes participants into the neighborhood that James



Rouse called home, and then brings them along the stream that feeds Wilde Lake, and then into the Middle Patuxent Valley.

At the conclusion of the ride, plan to enjoy an old-fashioned picnic hosted at Wilde Lake Park by the Wilde Lake Community Association and CA. Riders will be able to purchase refreshments from a variety of food trucks and enjoy free entertainment. Pre-registration for the BikeAbout is encouraged; register [online](#) today.

Presubmission Community Meetings

Project: Wilde Lake Middle School

Proposed request: new middle school, total acreage: 52.3, total number of units: 0, zoning: New Town

Meeting information: Tuesday, August 19, 2014, 6:30 p.m., Wilde Lake Middle School Cafeteria, 10481 Cross Fox Lane, Columbia.

Contact: Chuck Crovo, ccrovo@fcc-eng.com or (410) 461-2855

Project: Doves Fly

Proposed request: single family detached homes, total acreage: 8.2, total number of units: 17, zoning: R-20

Meeting information: Tuesday, August 26, 2014, 6:00 p.m., Community Center at Maple Lawn Farms – Main Hall, 7600 Maple Lawn Boulevard, Fulton.

Contact: Paul Sill, paul@sillengineering.com or (443) 325-7682

Project: Buch Property Apartments

Proposed request: residential multifamily apartments, total acreage: 6.085, total number of units: 283, zoning: R-APT

Meeting information: Thursday, August 28, 2014, 6:00 p.m., North Laurel Community Center, 9411 Whiskey Bottom Road, Laurel.

Contact: Megan Brett, mbrett@vogeleng.com or (410) 461-7666

Project: Cedar Acres – Lot 12

Proposed request: single family dwellings, total acreage: 1.84, total number of units: 7, zoning: R-SC

Meeting information: Thursday, September 4, 2014, 6:00 p.m., Hawthorn Center, 6175 Sunny Spring, Columbia.

Contact: Dave Thompson, bei@bei-civilengineering.com or (410) 465-6105

Project: Cherrytree Park

Proposed request: Age Restricted Adult Housing, total acreage: 7.99, total number of units: 160, zoning: POR-MXD-6

Meeting information: Thursday, September 4, 2014, 6:00 p.m., Cherrytree Park Community Center, 8430 Ice Crystal Drive, Scaggsville.

Contact: Aldo M. Vitucci, amv@fcc-eng.com or (410) 461-2855

CCTA Fall Theatre Classes

The Columbia Center for the Theatrical Arts will offer classes for children ages 18 months to 18 years during their fall session.

The classes fill quickly, so visit their [website](#) to learn more about each class and to register.

Community Event Reminders

Maryland's Tax-Free Shopping Week

The annual tax-free shopping week takes place Sunday, August 10 – Saturday, August 16. Qualifying apparel and footwear (items \$100 or less) will be exempt from the state sales tax. For more information, visit the [Comptroller of Maryland's webpage](#).

Support The Arc of Howard County at Macy's

Macy's and The Arc of Howard County invite everyone to participate in Macy's ninth annual national "Shop For A Cause" charity shopping event on August 23 by purchasing your \$5 shopping pass directly from The Arc. To purchase a shopping pass from The Arc of Howard County, contact Missy Berger or Lisa Kawata at 410-730-0638.

Howard County's Recreation and Parks Activities

Recreation and Parks has opened its Fall registration for camps and activities. Visit the [HCRP Fall Guide and Registration webpage](#) to browse the offerings.

Howard County's Farmers' Markets

Check out the fresh produce and foods offered each week at Howard County's Farmers' Markets. Click [here](#) to plan your visit.

Free CPR Classes

Howard County Fire and Rescue offers free classes, Family & Friends CPR. Learn the hands only method and you could save someone's life. Click [here](#) to view the schedule and to register.



Mary Kay Sigaty

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